

Health & Wellness Committee Accomplishments

- Partnership with CTC and Davis Behavioral Health
- Circle of Security Classes (April/May & October/Nov)
- Everyday Strong Workshop (one event)
- Health Fair during Night Out Against Crime
- Participation in South Davis Emergency Preparedness Fair
- Utah Healthy Communities Designation

Health & Wellness Committee Established Duties

- Review of Research and Programs
- Creation of Strategy Recommendations to Address Barriers
- Prepare and Present a Formal Annual Report
- Carry out City-approved Programs and Initiatives

Health & Wellness Committee Established Duties

- Review of Research and Programs Related to:
 - Physical and Mental Health
 - Emergency Preparedness
 - Personal Wellness
 - Food and Housing Access Issues
 - Addiction Issues
 - Any Other Public Health and General Welfare Issues

Health & Wellness Committee Established Duties

- Prepare and Present a Formal Annual Report that includes:
 - Overview of the Committee's Duties & Activities
 - List of Specific Recommendations in Order to Correct Identified Problems and Deficiencies

Health & Wellness Committee

Possible Goals

Physical and Mental Health

- 1) Complete an inventory of existing City open space, parks, outdoor assets (Hatch Park, mountain trails, A.T.)
- 2) Conduct 4 classes a year (CTC)
- 3) Have trail walking groups – how many? How often?
- 4) Yoga in the Park – How many groups? How often?
- 5) Complete inventory of school safe walking routes, trails and pathways

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Possible Goals

Emergency Preparedness

- 1) Family and Emergency Preparedness Outreach – how do we measure? Number of posts? Number of events?
- 2) Offer CERT training incentives (tuition-free?)

Health & Wellness Committee

Possible Goals

Personal Wellness

- 1) Public Outreach program to get people outside – What to do and how often – monthly highlight in City newsletter?
- 2) Expand Trails Network – how much? Where?
- 3) Active Transportation Infrastructure – This already overlaps with Planning Commission and City Council – is there a measurable recommendation for this Committee?
- 4) Parks with Circuit training? How and is this overlap with PTAR?
- 5) Community classes, Elementary school passes at Eaglewood – who, what and how often?
- 6) More access thru South Davis Rec for adult wellness? What and how often?
- 7) Increased access to healthcare services? Measurement?

Health & Wellness Committee

Possible Goals

Food & Housing Access

- 1) CDBG funds & City funds for housing programs – what and how?
- 2) Establish a Utah Food Bank location in NSL
- 3) Food Drive w/Bountiful Food Pantry – How often?

Health & Wellness Committee

Possible Goals

Addiction

- 1) Include a “Did You Know” section in the City newsletter (free gun locks, naloxone available at PD)
- 2) Emphasis in City outreach on addiction issues and resources

Health & Wellness Committee

Possible Goals

Other discussion issues

- 1) Senior services – help seniors to navigate UTA on Demand, access to Davis County services, more outreach to seniors
- 2) More formal attention to seniors on City website: links, announcements, program descriptions, help for families (caretaking)